

Get Started Plan— Just 15 Minutes a Day for One Week

Immediately: Name Your Idea or Project

Give your idea or project a new, fun name- one that makes you blush, giggle or feel inspired. So, "revise novel" might become, "Sexy Up My Bestseller." And "clear off desk" becomes, "Breathing Room." Write it below,:

Day 1: Play Money

Making an idea of project real usually requires some investment, so go ahead and write out TWO budgets: one "must have" and one "would love to have." Knowing how exactly much you need will help you focus. Write it below, or use a new page.

Day 2: Ask Your Idea or Project What it Wants to Be

Close your eyes and visualize your idea or project in front of you. Does it have a color? A texture? Does it sparkle? Ask your project what it wants to be, and see if your project has any advice for you, and write it below.

Day 3: Get Emotional

Wherever you are feeling emotional, blocked or stuck, make some 5-minute art about it today. It may be a song about fear of failure, or a visual rant about that teacher who was mean. Or maybe it's a love poem to your artist within. Write below, or use a new page.

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Day 4: Now for Something Completely Different

Imagine you are suddenly possessed by the spirit of an artist with an extremely unique vision, like Basquiat or Yayoi Kusama. What radical action could you try? Write it below:

Day 5: Prize

You deserve a treat today! Pick out something nice (a walk in the sun, a call with a friend, a fancy coffee) and really relish your achievement. Write what you will treat yourself with below:

Day 6: Tell a Supportive Friend

Pick someone you admire, and who you are confident is on your side. No need to give all the details, just hint. Do NOT tell your family, co-workers, or anyone who might feel threatened by your success. Write the name of someone you will tell below:

Day 7: Let's Keep Going Another Week

Make a list of 7 tiny steps— really, really tiny ones. Listing tiny action steps gives you freedom to choose a daily activity that suits your mood. Make sure each step takes less than 15 minutes and is easily affordable. Do one a day for the next week. Start the list here:
